

## The Iron Age Porridge Growing Project

### Summary:

This workshop series is called ‘ The Iron Age Porridge Growing Project’. Pupils will explore the relationship between growing plants and producing food, using traditional Iron Age techniques. Starting with sowing oats in a bed in your school playground, then harvesting, threshing, milling, and cooking into porridge in the school kitchen. The entire project is conducted within your school, and its playground. There are three sessions to this project.

**Age Group:** The project can be adapted to suit the class. However First and Second levels will gain the most from the project, because by p2 they will have the strength to use the millstones.

**Requirements:** In order to run the project you will need a minimum of 2m x1m land.

**Timescale:** The project begins with planting in April/ May depending on the weather (session 1), Session 2 threshing and milling is late summer/autumn October, and the final session is cooking and this can be done anytime after October.

### Why should you choose this workshop?

Because it is an amazing opportunity to grow oats from an ancient Scottish landrace seed, and work through all the processes required to turn it into porridge. It has given the children involved a new appreciation of food, and also a really important part of the life that our ancestors would have lived.

### Curriculum links:

Early	First	Second
	I can compare aspects of people’s daily lives in the past with my own by using historical evidence or the experience of recreating an historical setting. SOC 104a	I can compare and contrast a society in the past with my own and contribute to a discussion of the similarities and differences. SOC 204a
I explore and discover where foods come from as I choose, prepare and taste different foods. HWB 035a	Having explored the variety of foods produced in Scotland. I can discuss the importance of different types of agriculture in the production of these foods. SOC 109a.	
I have helped to grow plants and talk about their basic parts. I can talk about how they grow and what I need to do to look after them. SCN 003a	I can help design experiments to find out what plants need in order to grow and develop. I can observe and record my findings and from what I have learnt I can grow healthy plants in School.	Through carrying out practical activities and investigations, I can show how plants have benefited society. SCN 202b.

	SCN 103a	
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SOC= Social Studies curriculum.

SCN = Science curriculum.